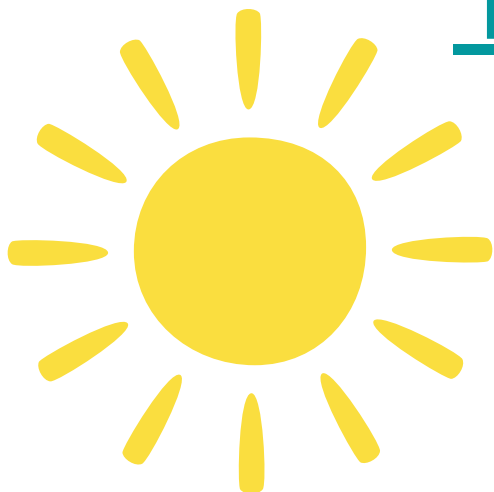


JUNE 2025

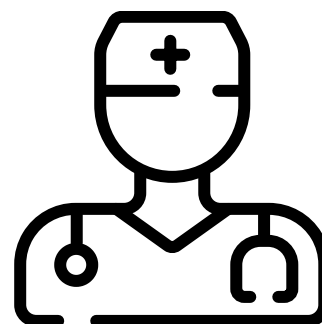


ROWLANDS CASTLE SURGERY NEWSLETTER



Welcome to the **summer** edition of
your surgery newsletter.

STAFF NEWS



We are delighted to WELCOME our new Phlebotomist Gemma who will be doing a clinic in the surgery on a Thursday morning.

We would like to wish Rosie, our previous Phlebotomist good luck as she is moving on to take up an exciting new role as a Health Care Assistant.



In May....

We booked 2,087
appointments.
70% were face to face
20% were telephone

SURGERY STATS

52 Appointments were not
attended in May.

This is equal to 10 hours of
practitioner time that could have
gone to someone else.

If you are unable to attend,
always cancel your appointment.



LET'S TALK ABOUT GETTING ACTIVE

At the practice we are running a 'getting active scheme.' Please scan the below QR codes to access a health referral scheme at either everyone ACTIVE or one of the Horizon Leisure Centres.

Within our surgery waiting area we have a 'standing area' and a move more, feel better noticeboard where you will find additional resources on staying active and keeping fit.



Everyone ACTIVE

Horizon Leisure
Centres



FLU VACCINATIONS 2025

The surgery will be offering flu vaccinations to all eligible patients starting this autumn. You may be offered the COVID vaccination at the same time. This will be on the surgery premises and we will contact you nearer the time with appointment details. Thank you.



HAVE YOUR SAY

Complete the NHS Family and Friends Questionnaire and tell us about your experience at the surgery.

Visit our website:

www.rowlandscastlesurgery.co.uk/our-practice

ARE YOU A VETERAN?

We are proud to be a Veteran friendly GP practice. If you have ever served in the UK armed forces, please let us know so we can best support your care needs. Veterans are defined as anyone who has served for at least one day in Her Majesty's Armed Forces (Regular or Reserve) or Merchant Mariners who have seen duty on legally defined military operations.



**Armed Forces veteran
friendly accredited
GP practice**

Self-Refer to our Social Prescribers

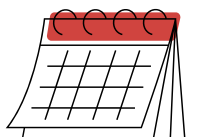
Social Prescribers

Social Prescribing is a way in which we can help patients to link with a range of local, non-medical activities, opportunities and support that can improve their health and wellbeing. Social Prescribers give patients time to focus on 'What Matters to me' and taking a holistic approach to health and well-being, by connecting patients to community groups for practical and emotional support.

<https://www.easthantspcn.co.uk/home/social-prescriber-self-referral/>

Long Term Health Clinic Recall System

We have decided to change our Long Term Health Clinic recall system so that you will be invited in for a review of your conditions on your month of birth. We are doing this so that all tests and reviews should only need to be done once a year. It will also help patients remember when they are due to be seen. In the first year of us implementing this system you may find yourself being invited in earlier than you expected. The Long Term Health Clinic includes the following: Asthma, Diabetics, Heart Disease, COPD and Hypertension.



Have you registered with the NHS APP?
For more information visit:
<https://www.nhs.uk/nhs-app/>



NHS App and your NHS account

Download the NHS App, or open the NHS website in a web browser, to set up and log in to your NHS account. Owned and run by the NHS, your NHS account is a simple and secure way to access a range of NHS services...

 [nhs.uk](https://www.nhs.uk)

IF YOU HAVE PROBLEMS READING THIS NEWSLETTER AND WOULD LIKE IT
IN LARGER PRINT PLEASE LET OUR RECEPTIONIST KNOW.

ROWLANDS CASTLE SURGERY

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